

Banana Pudding

Banana pudding is a summer gathering favorite. This is a simple recipe, although it has three parts. Especially for the gluten free lifestyle. It is easiest to bake the cookies the day before. After baking, break several up for the pudding. There will be plenty left over for nibbling, or frozen for a later pudding. It takes two people preparing the pudding. One person to slice the bananas, and arrange them, and the cookies. While the other person prepares the cook pudding. This is a community effort recipe. A fun way to keep a kid occupied and learning how to cook.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Bananas (fructose)
- Butter (lactose)
- Cookies (gluten)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)
- Vanilla (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Milk

Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Whisk

Pan:

Cookies: Large cookie sheet

Pudding: 8 quart pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Cookies:

1 cup dark brown sugar

1/2 cup melted butter (1 stick)

3 eggs

1 3/4 cups flour mix (gluten free)

1 tablespoon vanilla extract (gluten free)

Bananas: about 8 well ripened bananas (some brown spots are good).

Pudding:

6 tablespoons of butter

1/2 cup of cornstarch

6 cups of milk (lactose free)

Almond, or

Soy

1/2 teaspoon of salt

1.5 cups of sugar

3 tablespoons of vanilla extract

Topping:

Cookie crumbs

Whipped cream

Preparation time:

Cookies: 15 minutes

Bananas: 20 to 30 minutes

Pudding: 10 minutes

Preparation:

Cookies:

1. Melt 1/2 cup of butter in microwave safe cup.

2. Mix in medium mixing bowl:

1 cup dark brown sugar

1/2 cup melted butter (1 stick)

3 eggs

1 3/4 cups flour mix (gluten free)

1 tablespoon vanilla extract (gluten free)

3. Chill the dough for 15 minutes.
3. Spoon onto cookie sheets.
4. Bake at 350 degrees for 12 to 15 minutes.
5. Allow to cool before assembling pudding.

Bananas:

1. Slice 8 ripe bananas.
2. In a large glass bowl, alternate layers of bananas and cookies.
3. Save a few cookie crumbs to sprinkle on top once the pudding is added.

Pudding:

1. Combine in an 8 quart pan:
 - 1/2 cup of cornstarch
 - 6 cups of milk (soy or almond)
 - 1/2 teaspoon of salt
 - 1.5 cups of sugar
2. Allow to heat, stirring frequently.
3. Once it boils, set a timer for 10 minutes. Stir frequently.
4. After 10 minutes, mixture should be beginning to set (it won't appear as thick as animal milk pudding, it will thicken when it cools).
5. Add the 6 tablespoons of butter and the 3 teaspoons of vanilla extract.
6. Stir in well.
7. Pour over bowl of bananas and cookies.
8. After it cools, whipped cream may be added if desired.
9. Sprinkle cookie crumbs on top for a little color and texture.

Cook Temperature:

Cookies: 350 degrees

Pudding: Medium

Cook Time:

Cookies: 12 to 15 minutes

Pudding: 20 to 30 minutes

Servings: 10

Storage Solutions: Round containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 2 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: Doesn't freeze well

Reheat Instructions: Not recommended